Breakfast Meat Pizza

Breakfast pizza is a treat created from breakfast leftovers. A base of vegetable oil and refried beans is gentler than tomato sauce. Can be baked at night, and ready to be eaten either cold, or hot, the next day while traveling. Sausage, bacon, and eggs should be cooked to done before going onto the pizza. Scrambled eggs can be added on top of the pizza after baking. Vegetables can be included to create an open faced omelet. For omelet style ingredients, add cheese, diced onions, ham, and mushrooms. This should be a lighter pizza, and bake faster than thicker pizzas.

Pre Cook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
C. Stay with meal

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Frozen or canned vegetables can be used
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Bacon
Beef
Cheese (lactose)
Eggs
Flour
Mushrooms
Onions
Pepper
Pepperoni
Peppers
Pizza sauce (tomatoes)
Pork
Spices
Turkey

Meatless Preparation Avoid:
- Bacon
- Beef
- Cheese
- Eggs
- Pepperoni
- Pork
- Turkey
- Substitute with: _____

Utensils:
- Cutting board
- Knife
- Measuring cups
- Mixing bowl
- Microwave safe cup
- Spoon
- Pan:
  - To cook meat: oven safe pan, or frying pan
  - To bake pizza: a large pizza pan

Ingredients:

Meat:
- 1/4 cup chopped bacon
- 1/4 cup chopped sausage
- 1/2 cup scrambled eggs
  - Optional:
    - 1/4 cup chopped ham

Vegetables:
- Optional:
  - 3 ounces of sliced mushrooms
  - 1/4 cup diced onions

Other ingredients:
- 4 ounces of shredded cheese (gluten and lactose free)
- 1 large pizza crust (gluten free)
- 3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

Preparation time: 20 minutes

Preparation:

Pre Pizza Preparation:

1. **Cook one or more of the following:**
   - **1/4 cup chopped bacon**
   - **1/4 cup chopped sausage**
   - **1/2 cup scrambled eggs**
     - **Optional:**
       - **1/4 cup chopped ham**

Pizza Preparation:

1. **Place the frozen pizza crust on the pizza pan.**
2. **Spoon and spread 3.5 ounces of pizza sauce (1/3 of a 14 ounce jar) on the crust.**
3. **Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.**
4. **Chop and spread meat ingredients across the crust. Choose all or some of the following:**
   - **1/4 cup chopped bacon**
   - **1/2 cup scrambled eggs**
   - **1/4 cup chopped sausage**
     - **Optional:**
       - **1/4 cup chopped ham**
       - **3 ounces of sliced mushrooms**
       - **1/4 cup diced onions**
5. **Sprinkle remaining 2 ounces of cheese on top.**
6. **Place pan in oven and set timer.**

Cook Temperature: 425 degrees

Cook Time: About 17 to 18 minutes. It takes longer the more ingredients used.

Servings: 2 to 4

Storage Solutions: Square containers in individual servings

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 1 to 2 days ** Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months ** Per What's Cooking America Storage Chart link in Resources.**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____

Stove Top: Not recommended

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 15 minutes.**
   Add your oven time here: _____